



**IRFU Return To Rugby Guidelines For Clubs:**

**Guidelines For Club Operations**

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## **A. COVID-19 Club Safety Officer**

Clubs must appoint a COVID-19 Club safety officer to ensure all Guidelines are being followed during this time, and to manage queries or issues arising. Some of the responsibilities are below but this is not an exhaustive list and can be supplemented as needed:

- With committee, create a Health and Safety return to operation plan for the Club in line with HSE/NHS, Government and IRFU Guidelines.
- Ensure that the indoor facilities are NOT utilised until advised further.
- Contact club insurers regarding possible amendments to policies due to the Pandemic.
- Implement a tracking and monitoring system for all Individuals/ Pods/ Teams using pitches and ensure that all HSE/NHS/IRFU guidelines are strictly adhered to.
- Ensure all coaches and managers are fully aware of HSE/NHS/IRFU Guidelines surrounding the return to play and their role in mitigating risk.
- Ensure IRFU COVID-19 posters are prominently placed around the club and are relating to the correct phase.
- Liaise with all COVID-19 Compliance Officers to ensure ALL attendees (players and coaches etc.) are recorded and that contact information is fully up to date.
- Ensure the club has appropriate stocks of sanitation and cleaning materials.
- Create a check-in area that can be used by teams to register, with appropriate measures such as social distancing, sanitation etc.
- Contact Branch personnel if there are any issues regarding these Guidelines.
- Promote best practice regarding policies and information from the HSE/NHS/IRFU.

## **B. Travel to / from Club**

- Anyone attending the club should, where possible, travel alone, or with a member of the same household.
- Where possible ensure there is distance between parking spaces, and if attendees must park next to each other, they must wait for the other person to leave before getting out.
- Do not offer lifts to anyone outside of household.
- Attendees should arrive at the club no more than 5 minutes before the beginning of activity.

- Attendees should go directly to the registration area, maintaining social distancing, and from there to their dedicated training zone.
- All attendees (players/coaches etc.) must arrive in kit and only change footwear at the club.
- All people must sanitise their hands prior to arriving at the club.
- Clubs should enforce one-way systems around the club both in the car park, and common walking areas, with regular visuals of a recommended social distance.

### **C. Check in (registration) Process/Pre-Training**

- Do not attend if feeling unwell or if you answer yes to any of the screening questions on IRFU Pre-Return to Rugby Personal Assessment Declaration.
- All Players, and Coaches (attendees) must ensure the club has their up to date contact details.
- Recommended queue markers lined out to ensure social distancing as directed in HSE/NHS guidelines.
- Sanitiser station at check in area.
- No mingling/social interaction in check in area.
- Attendees to go immediately to training area post check in.
- Educational information available on website and must read pre attendance.

### **D. Clubhouse (Facilities and Equipment)**

- All Clubhouses are to remain closed during this period, except for toilet facilities which must be thoroughly cleaned at regular intervals.
- Changing rooms, function rooms and the club bar will remain closed during the restricted Phases/Steps of reopening.
- Players must provide their own equipment and NEVER share them (stretch bands, foam rollers, etc.).
- Attendees must bring their own water bottle and NEVER share them.
- All equipment must be thoroughly sanitised following every session, (cones, balls, hit shields, tackle tubes etc.).
- Teams should keep their equipment over these Phases/Steps and it should not be shared with other teams within the club, where possible.
- Coaches should limit the use of unnecessary equipment during these Phases/Steps.

### **E. Pitch (Grounds)**

- Each pod/group/team will have a designated zone on the pitch.

- Zones will be identified by colour, number, section, etc. Movement between zones will be minimised and controlled at all times.
- Unidirectional flow systems must be considered.
- Pods will stay the same throughout these Phases/Steps, from exercise to exercise and training to training.

## **F. Post Training**

- Post training players must leave immediately, and dressing rooms will not be accessible for anyone.
- Attendees must shower at home and no access will be given to shower facilities in clubs at this time.
- Must report if they subsequently develop COVID post training.

## **G. Social Distancing Behaviours**

- Players must refrain from handshakes and high fives.
- Practice good cough/sneeze etiquette and dispose of any used tissue in a responsible manner.
- Avoid touching your face.
- Remain apart from other players when taking a break.
- If a ball from another zone comes across, send it back with a kick on the ground. Refrain from picking up the ball.
- Social distancing is advised when travelling in vehicles to/from training.
- No spitting or clearing of nostrils on pitch or grounds.